I think that this week's topic helps team members realize how each of us work and how to communicate effectively between us. In knowing our own personality types it helps us communicate and understand how we act around other people.

In my mind the ability to understand yourself and how you act in different situations helps the team members know how to deal with you and how much work load you can take.

I started to know my personality better when I was in high school but I didn't really figure it out until I was on my mission. The thing is that you talk to a lot of people on your mission and I have more fully developed my personality and how to use it to make friends and how to talk to people.

I have taught a lot of people about personality and their roles in our lives. Just recently I was talking to my friend back at home, he is not a member of the church, but I told him about the personality test because he was going through a difficult time. He took the test and he released a couple of things in his life but it helped him.

Having your personality known by you helps in the church you have to be committed to the church. If you know your personality it can help in your calling and you can adapt to the different situations that you come across.